

# Kingsdale School Menu 2018

10<sup>th</sup> 14<sup>th</sup> December

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Main Course</b>	<b>Chicken Stir fry Noodles</b>	<b>Chicken Rice &amp; Peas + Gravy</b>	<b>Beef curry &amp; Yellow Rice</b>	<b>Chicken &amp; Jollof Rice Gravy</b>	<b>Chicken nuggets &amp; Chips</b>
<b>Vegetarian</b>	<b>Vegetarian Stir fry Noodles</b>	<b>Vegetable Pasta bake</b>	<b>Vegetable Curry &amp; Rice</b>	<b>Quorn Mixed Peppers Jollof Rice</b>	<b>Quorn Wraps &amp; Chips</b>
<b>Grab &amp; Go</b>	Selection of Baguettes, sandwiches and rolls, white and brown bread, Patties, Wraps, Veg Wraps, Pasta pots, Soup of the day	Selection of Baguettes, sandwiches and rolls, white and brown bread, Patties, Wraps, Veg Wraps, Pasta pots, Soup of the day	Selection of Baguettes, sandwiches and rolls, white and brown bread, Patties, Wraps, Veg Wraps, Pasta pots, Soup of the day	Selection of Baguettes, sandwiches and rolls, white and brown bread, Patties, Wraps, Veg Wraps, Pasta pots, Soup of the day	Selection of Baguettes, sandwiches and rolls, white and brown bread, Patties, Wraps, Veg Wraps, Pasta pots, Soup of the day
<b>Fillings for potatoes, sandwiches and rolls</b>	Chicken Tikka, Chinese Chicken, Egg Mayo, Cheese and pickle, Prawn Mayo, Cheese and Ham, Cheese and Tuna	Chicken Tikka, Chinese Chicken, Egg Mayo, Cheese and pickle, Prawn Mayo, Cheese and Ham, Cheese and Tuna	Chicken Tikka, Chinese Chicken, Egg Mayo, Cheese and pickle, Prawn Mayo, Cheese and Ham, Cheese and Tuna	Chicken Tikka, Chinese Chicken, Egg Mayo, Cheese and pickle, Prawn Mayo, Cheese and Ham, Cheese and Tuna	Chicken Tikka, Chinese Chicken, Egg Mayo, Cheese and pickle, Prawn Mayo, Cheese and Ham, Cheese and Tuna
<b>Vegetables of the Day</b>	<b>Baked Beans, cauliflower, carrots</b>	<b>Broccoli and Mixed Salad, carrots</b>	<b>Sweet Corn and Mixed Salad, cauliflower, carrots</b>	<b>Green Beans and Mixed Salad, cauliflower, carrots</b>	<b>Peas and Baked Beans, cauliflower, carrots</b>

<b>Salad Bar</b> Mediterranean Salad ,Coleslaw, Potato salad, mixed Salad Scotch Eggs Quiche	<b>Salad Bar</b> Mediterranean Salad ,Coleslaw, Potato salad, mixed Salad Scotch Eggs Quiche	<b>Salad Bar</b> Mediterranean Salad ,Coleslaw, Potato salad, mixed Salad Scotch Eggs Quiche	<b>Salad Bar</b> Mediterranean Salad ,Coleslaw, Potato salad, mixed Salad Scotch Eggs Quiche	<b>Salad Bar</b> Mediterranean Salad ,Coleslaw, Potato salad, mixed Salad Scotch Eggs Quiche	<b>Salad Bar</b> Mediterranean Salad ,Coleslaw, Potato salad, mixed Salad Scotch Eggs Quiche
<b>Deserts</b>	<b>Apple Crumble with custard</b>	<b>Fresh Fruit</b>	<b>Chocolate cake and Custard</b>	<b>Fresh Fruit</b>	<b>Fresh Fruit</b>
<b>Baked potato</b>  <b>Chilli Prawns</b> <b>Coleslaw</b> <b>Beans</b> <b>cheese</b>	<b>Baked potato</b>  <b>Chilli Prawns</b> <b>Coleslaw</b> <b>Beans</b> <b>cheese</b>	<b>Baked potato</b>  <b>Chilli Prawns</b> <b>Coleslaw</b> <b>Beans</b> <b>cheese</b>	<b>Baked potato</b>  <b>Chilli Prawns</b> <b>Coleslaw</b> <b>Beans</b> <b>cheese</b>	<b>Baked potato</b>  <b>Chilli Prawns</b> <b>Coleslaw</b> <b>Beans</b> <b>cheese</b>	<b>Baked potato</b>  <b>Chilli Prawns</b> <b>Coleslaw</b> <b>Beans</b> <b>cheese</b>
<b>Additional Items</b>	<b>Fresh Fruit</b> <b>Fruit Pot</b> <b>Fruit Juices</b> <b>Milk</b> <b>Mineral Water</b> <b>Smoothies</b> <b>yogurts</b>	<b>Fresh Fruit</b> <b>Fruit Pot</b> <b>Fruit Juices</b> <b>Milk</b> <b>Mineral Water</b> <b>Smoothies</b> <b>yogurts</b>	<b>Fresh Fruit</b> <b>Fruit Pot</b> <b>Fruit Juices</b> <b>Milk</b> <b>Mineral Water</b> <b>Smoothies</b> <b>yogurts</b>	<b>Fresh Fruit</b> <b>Fruit Pot</b> <b>Fruit Juices</b> <b>Milk</b> <b>Mineral Water</b> <b>Smoothies</b> <b>yogurts</b>	<b>Fresh Fruit</b> <b>Fruit Pot</b> <b>Fruit Juices</b> <b>Milk</b> <b>Mineral Water</b> <b>Smoothies</b> <b>yogurts</b>